

Liverpool District Cross Country 2018/19

Fixture 1: Arrowe Park, Sat 13th October

Position	Name	Club	Time	Category	Cat Pos
1	Thomas Griffiths	St Helens Sutton	33-06	MOPEN	
2	Aaron Jarvis	Liverpool Harriers	34-06		
3	Tom Rogerson	Liverpool Harriers	34-35		
4	Lee Siemaszko	Liverpool Harriers	34-43	M35	
5	Chris Maher	LPS	34-58	MOPEN	
6	Max Brame	Liverpool Harriers	35-04		
7	Andy Salmon	Liverpool Harriers	35-10	M40	
8	Mark Wynne	LPS	35-13	M40	
9	Rob Pierce	Wallasey AC	36-02	M45	
10	Chris Pownell	Knowsley Harriers	36-10	MOPEN	
11	Ross Harrison	LPS	36-14		
12	Dave Twigg	St Helens Sutton	36-16	MOPEN	
13	Neil Finegan	Helsby AC	36-50		
14	Colin Potts	Liverpool Harriers	36-55	M45	
15	Andrew Fleming	UTS	37-08		
16	Tiffany Penfold	LPS	37-12		
17	Rob Dewhurst	Liverpool Harriers	37-31		
18	Richard Weeks	LPS	37-42	MOPEN	
19	Ste Anders	St Helens Sutton	37-52	M35	
20	Steve Spence	Wirral AC	37-56	M45	
21	Craig Brighton	St Helens Sutton	38-06		
22	Ian Roberts	LPS	38-19	M35	
23	Matthew Skaife	Mossley Hill AC	38-31	MOPEN	
24	John Thelwell	Wallasey AC	38-32		
25	Paul Hancock	Chester Tri	38-39	M45	
26	Andy Wilson	St Helens Sutton	38-53		
27	Bernie Murphy	LPS	39-05	M50	
28	Jake Healy	St Helens Sutton	39-09		
29	Rob Owens	Knowsley Harriers	39-10	M35	
30	Tom O'Dowd	Knowsley Harriers	39-12		
31	Simon Wilde	Chester Tri	39-19	M45	
32	Graham Douglas	Penny Lane Striders	39-20		
33	Will Hynde	Mossley Hill AC	39-22	MOPEN	
34	Tom Gillbanks	Wallasey AC	39-24	MOPEN	
35	Harry Doran	LPS	39-27		
36	Paul Milburn	LPS	39-28	MOPEN	
37	Phil McDonald	LPS	39-30	M35	
38	Will Ferguson	Wirral AC	39-34	MOPEN	
39	Lawrence Eccles	Penny Lane Striders	39-37		
40	Alex O'Brien	Liverpool Harriers	39-38		
41	Mike Gall	LPS	39-40	M35	
42	Mark Hulmston	Wirral AC	39-43		
43	Kevin Smith	Helsby AC	40-09	M40	
44	Richard Bargh	Wirral AC	40-12		
45	Matt Wilson	Wallasey AC	40-23		
46	Danny Gilbody	LPS	40-35	MOPEN	
47	Ian Hewitt	Liverpool Running Bugs	41-01	M40	
48	Paul Targett	Guest	41-08		

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49	Simon Dunk	Wirral AC	41-11	MOPEN	
50	Michael Waring	Chester Tri	41-27	M50	
51	Richard Davies	Wirral AC	41-39	M35	
52	Steve Tod	Liverpool Harriers	42-03		
53	Colin Palmer	Wallasey AC	42-21	M55	
54	Dom Cooper	Mossley Hill AC	42-25	M35	
55	Lee Anderton	LPS	42-30		
56	Ian Rutherford	Helsby AC	42-40	M45	
57	Tony Metcalfe	Mossley Hill AC	42-48	M60	
58	Barry Graney	St Helens Sutton AC	43-12	M50	
59	Helen Stansfield	Wallasey AC	43-24	F35	
60	Kevin Hall	Wallasey AC	43-28	M50	
61	Steve Walker	Chester Tri	43-50	M50	
62	Mike Taylor	Southport Waterloo AC	43-52		
63	Dave Jones	Helsby AC	44-05		
64	Nick Wilson	Wirral AC	44-21	M45	
65	Debbie Campbell	LPS	44-32		
66	Anthony Brennan	Chester Tri	44-34	M35	
67	Carl McMahon	Southport Waterloo AC	44-38		
68	Robbie Wood	LPS	44-51	M55	
69	Charlotte Dewhurst	Liverpool Harriers	45-10		
70	Phil Bird	Wallasey AC	45-18	M55	
71	Chris Pedder	LPS	45-18	M60	
72	Roger Graham	UTS	45-25	M45	
73	Paul Frodsham	Helsby AC	45-32		
74	Nadine Weeks	UTS	45-37	F35	
75	Peter Fraser	Wirral AC	45-42	M35	
76	Jo Irvin	UTS	45-49		
77	John Bassett	Wallasey AC	45-54	M50	
78	Paul Brown	Liverpool RC	46-03		
79	Helen Davies	Mossley Hill AC	46-11	F35	
80	Michelle Alty	Wallasey AC	46-28	F50	
81	Davyd Mitchell	Helsby AC	46-44	M40	
82	Dean Wilson	Liverpool RC	46-56	M40	
83	Iain Wood	Chester Tri	47-04	M60	
84	Jay Haddley	Chester Tri	47-07	MOPEN	
85	Katherine Holly	Wallasey AC	47-09	F35	
86	Claire Sutcliffe	Chester Tri	47-21	F45	
87	Hannah Hughes	Liverpool Harriers	47-22		
88	Dave McAlister	Wallasey AC	47-28	M55	
89	John Robb	Chester Tri	47-31	M55	
90	Matt Helm	Liverpool RC	47-40	M50	
91	Steve Holliman	Chester Tri	47-49	M40	
92	Chris Lee	Liverpool Running Bugs	48-10	M45	
93	David Rumney	Chester Tri	48-11	M50	
94	Kate Ryan	Wallasey AC	48-12	F45	
95	Kirsty Seddon	Chester Tri	48-26	F35	
96	Nigel Foo	Penny Lane Striders	48-26	M50	
97	Paul Holmes	UTS	48-31	M40	

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98	Steve Riley	Helsby AC	48-35	M50	
99	Paul Alexander	Helsby AC	48-41		
100	Charlotte Sandersor	Penny Lane Striders	48-45	FOPEN	
101	Robert Porter	Penny Lane Striders	48-52	M40	
102	Gareth Langforth	Wirral AC	49-00		
103	Greg Sinnott	UTS	49-19	MOPEN	
104	Steve Flanagan	Southport Waterloo AC	49-34		
105	Andrew Conway	LPS	49-38	M50	
106	Jan Rogers	Chester Tri	49-57	F50	
107	Greg Carns	St Helens Sutton AC	49-59	M50	
108	William Merritt	Knowsley Harriers	50-21	M55	
109	Mike Stone	UTS	51-01	M55	
110	Melissa Dixon	Guest	51-02		
111	Graham Liu	Southport Waterloo AC	51-03		
112	Rosemary Symms	Chester Tri	51-32	F60	
113	Neil Jenkins	Chester Tri	51-33	M50	
114	Tricia Van-Rooyen	Helsby AC	51-50		
115	Zoe Crisp	UTS	52-06		
116	Katie Pownell	Knowsley Harriers	52-13	FOPEN	
117	Kieron Carr	Liverpool Running Bugs	52-38	M45	
118	Anja Pownell	Knowsley Harriers	52-45	FOPEN	
119	Alison MacDonald	Ellsemere Port AC	52-51		
120	Alexandra Harrison	Liverpool RC	52-57	FOPEN	
121	Paul Cunningham	Helsby AC	53-04		
122	Derek McArdle	Wallasey AC	53-23	M55	
123	Sharon Lamont	Wallasey AC	53-32	F50	
124	Jan McArd	Wallasey AC	53-36	F45	
125	Dan Seddon	Wallasey AC	54-10	M60	
126	Gary Hinds	Liverpool Running Bugs	54-19	M35	
127	Mike Tackor	Liverpool Running Bugs	54-19		
128	Ann Griffiths-Costel	UTS	54-32		
129	Billy Hargreaves	Southport Waterloo AC	55-35	M70	
130	Mike Griffiths	Wallasey AC	55-48	M60	
131	Louise Marsden	Wallasey AC	56-17	FOPEN	
132	John Morgan	UTS	56-30		
133	Richie Webster	LPS	58-13	M70	
134	Tracy Sanderson	Penny Lane Striders	59-34		
135	Lisa Ward	Wallasey AC	61-06		
136	Jo Bridge	Ellsemere Port AC	61-06		
137	Kdar D'Aopat	Liverpool Running Bugs	63-06	F40	
138	Meagan Buckley	Mossley Hill AC	65-12	F50	
139	Tracey Carr	Liverpool Running Bugs	75-50	F50	
140	Tracey Grobie	Liverpool Running Bugs	75-50	F50	
141	Sian Forker	Liverpool Running Bugs	75-50		

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Team Results

6 to score (men and women)

1	Liverpool Harriers	36
2	LPS	80
3	St Helens Sutton	107
4	Wallasey AC	224
5	Wirral AC	244
6	Chester Tri	313
7	Helsby AC	329
8	Mossley Hill AC	384
9	Knowsley Harriers	411
10	UTS	437
11	Penny Lane Striders	494
12	Liverpool Running B	646
13	Liverpool RC	655